This spy never goes out of style

Metro talks to longtime James Bond designer Lindy Hemming about 007's smouldering look PAGE 10

REGINA metro®

Thursday, October 11, 2012

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With the NHL locked out, Metro speaks to the people who play for love

BLADES ... NO GLORY

PAGES 4 & 5

Mother Nature hints at colder winter ahead

Forecast. Repeat of last year's mild winter likely not in the cards: Environment Canada

JEFF MACKEY
jeff.mackey@metronews.ca

Many Saskatchewan residents woke up Wednesday to snowfall and temperatures near or below zero. Residents should start getting used to it — winter is coming.

"It's probably time you get those snow tires out and start putting the lawn furniture away," said David Phillips, senior climatologist with Environment Canada.

Environment Canada will not release its official prediction for winter until December, but for his money Phillips is expecting a normal to colder-than-normal winter in the Prairies.

"I think it is going to be colder than last winter. I don't think you will be able to string together two unusual winters in a row; I just don't think it is in the cards," said Phillips.

Follow Jeff Mackey on Twitter @MetroJeffMackey

An El Niño winter still up in the air

According to Environment Canada, this year could be an El Niño year — and this is making winter weather predictions troublesome.

- "El Niño is warm water along the equator in the Pacific Ocean that tends to produce for Saskatchewan a warmer, milder and drier winter," said David Phillips, senior climatologist with Environment Canada.
- Unfortunately, this year's El Niño may not have as drastic of an effect as it has in other years. "It's a wannabe El Niño, it's barely hanging on, and the water is just marginally meeting the measures," said Phillips. "And if El Niño is deep-sixed and dies out, then all bets are off."

Betting on it

The province says it will end taxes on horse-racing wagers, leaving more revenue for the industry PAGE 2

Brave girls

A day meant to celebrate young activists is marked with sadness after a ruthless Taliban attack PAGE 3

Play on love

A 'freaky' love story kicks off the Globe Theatre's Shumiatcher Sandbox Series PAGE 8

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A jockey takes a practice run at Marquis Downs in May. The province said Wednesday it would be cutting a tax on horse-racing bets. JANE CAULFIELD/METRO FILE

All bets back on at the race track

No more horse-racing tax. Elimination of 10 per cent levy on wagers means more revenue for industry

Quoted

"Anytime that kind of money is returned to the racing industry, it is both a relief and boost."

Doug Howe, president of the Saskatchewan Horse Federation

The Saskatchewan government will eliminate a tax it collects on horse-racing bets starting March 31.

Donna Harpauer, the minister responsible for the province's liquor and gaming authority, says that will leave more revenue for the industry.

The 10 per cent levy, known as a peri-mutuel tax, is collected from every wager at horse-racing tracks in the province and raised $857,000 last year.

It also applies to bets Saskatchewan residents make on races outside the province.

There were concerns about whether the industry could survive after the gaming commission announced earlier this year that it was cutting $1.5 million in grants.

The operator of Marquis Downs in Saskatoon says he's pleased the government has listened to the industry's concerns.

"Horse racing has been a fixture in Saskatoon for more than 40 years and the elimination of this tax creates a more positive business environment that will allow us to continue to provide exciting racing entertainment," said Mark Regier, CEO of Prairieland Park Corp.

"It is certainly a real benefit to the horse-racing industry overall," said Glenn LeDrew, director with West Meadows Raceway in Regina and president of the Saskatchewan Standardbred Horsemen's Association.

Doug Howe, president of the Saskatchewan Horse Federation, says word of the tax being lifted is nothing but good news.

THE CANADIAN PRESS/WITH FILES FROM METRO

Advance voters now have a drive-thru option at city hall. JEFF MACKEY/METRO

Civic election. Advance polls now open to voters

Advance polls for Regina's civic election are open until Friday at Regina City Hall.

For voters in a hurry, a drive-thru advance poll will be set up at city hall via McIntyre Street where motorists will be able to cast their ballots from the comfort of their own vehicle.

Regina residents wishing to vote in the advance polls are reminded to bring voter identification with them when they cast their ballot. Advance polling stations are open until Oct. 12 from 7 a.m. to 6 p.m. METRO

Telecom security

SaskTel keeps ties with Huawei despite concerns

Saskatchewan Premier Brad Wall says he's comfortable with a Chinese technology firm continuing to provide equipment to SaskTel.

A U.S. congressional panel has recommended that the United States avoid doing business with Huawei Technologies Ltd.

But Wall says SaskTel has a team of about 25 people who monitor telecom security for any security issues.

SaskTel's newest deal with Huawei is antennae and radio equipment for rural Saskatchewan.

If new deals are struck that provide Internet and other similar service, Wall says he would seek federal government advice.

THE CANADIAN PRESS

Youth in politics

NDP leader in Queen City

Tom Mulcair will be in Regina Thursday speaking about youth in Canadian politics. The NDP leader will speak at the University of Regina on why youth involvement in the political process matters and how young people can get involved in Canadian politics.

Jim Farney, assistant political science professor at the University of Regina, said any time a politician of Mulcair's stature wants to speak, they are welcome in his class — regardless of party lines. METRO

Statutory release

Man convicted of kidnapping girl freed from prison

A man convicted of kidnapping a girl from a Saskatchewan farm has been given statutory release from prison.

National Parole Board documents show Linden Bird, who is 27, was released earlier this month after serving two-thirds of his sentence.

Bird was sentenced to seven years for taking the 11-year-old girl from a farm home near Shellbrook one cold night in January 2006 before she was later dumped in a rural area near Canwood.

Parole board documents show the girl was bitten and choked to the point of unconsciousness, but she recovered and made her way to safety.

THE CANADIAN PRESS

Violence mars first Day of the Girl Child celebrations

'Collective sense of horror.' 14-year-old advocate of girls' right to education shot

JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world, will be lit up in pink, and long-planned events — including a concert in Toronto on Thursday — will proceed, said McCarney.

WITH FILES FROM THE ASSOCIATED PRESS

Women hold banners during a protest condemning the attack on schoolgirl Malala Yousufzai in Islamabad on Wednesday. Pakistani doctors successfully removed a bullet Wednesday from the neck of the 14-year-old girl who was shot by the Taliban for speaking out in support of education for women, a government minister said. The banner on the bottom right reads, "The Taliban is afraid of an unarmed girl." MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Education

The world is changing for girls

More girls are going to school than ever before.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, with 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America, the Caribbean, Southeast Asia and the Caucasus at the border of Europe and Asia have shown the most progress over the past 10 years, progress for girls' education has lagged in most other parts of the developing world — particularly in Northern Africa, Oceania, Southern Asia, sub-Saharan Africa and Western Asia, according to Plan.

JESSICA SMITH/
METRO IN TORONTO

Pussy Riot member freed

Pussy Riot band member Yekaterina Samutsevich leaves a court surrounded by bailiffs in Moscow on Wednesday. A Moscow appeals court on Wednesday unexpectedly freed Samutsevich, but upheld the two-year prison sentence for the two others jailed for an irreverent protest against President Vladimir Putin. YURI TUTOV/THE ASSOCIATED PRESS

Probation violation

Hearing set for man behind anti-Muslim film

The man who was behind an anti-Muslim film that sparked violence in the Middle East denied on Wednesday he violated his probation stemming from a 2010 bank-fraud conviction.

An evidentiary hearing has been set for Nov. 9 for Mark Basseley Youssef, 55, who has been in a federal detention centre since Sept. 28 after he was arrested for eight probation violations and deemed a flight risk by another judge. THE ASSOCIATED PRESS

Who's your daddy?

'Diefenbaby' finds possibilities for DNA tests

The winding saga of a man's quest to prove former prime minister John Diefenbaker was his father has a new twist with word of two new possibilities for genetic matching.

THE CANADIAN PRESS

Naval officer pleads guilty to giving up military secrets

A Canadian naval officer pleaded guilty to espionage Wednesday, five years after a Crown lawyer said he walked into the Russian embassy, offered up military secrets for money and began a relationship that resulted in the sharing of a "vast amount" of sensitive information.

Sub-Lt. Jeffrey Paul Delisle rose before a provincial court judge in Halifax, showing no emotion as he clasped his hands together, to acknowledge that he understood the consequences of his pleas to the unprecedented charges.

When asked if he confirmed the guilty pleas, the 41-year-old threat assessment analyst merely said, "Yes sir," before leaving the court to return to prison as he awaits sentencing in January.

The surprising development came more than six months after federal Crown attorney Lyne Decarie outlined the case against Delisle during a bail hearing on March 28, saying he voluntarily approached Russian officials in 2007.

There was a publication ban on evidence and arguments presented at the proceedings in the spring, but the guilty plea means there will not be a jury trial now. Sentencing is scheduled for Jan. 10.

Sub-Lt. Jeffrey Paul Delisle leaves provincial court after pleading guilty to charges related to communicating information to a foreign entity in Halifax on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

There has been no agreed statement of facts in the case.

At the bail hearing, Decarie said in court that "following some personal problems, Delisle walked into the Russian embassy in Ottawa and offered his services. He offered to sell information to them."

Decarie read in court portions of a statement she said Delisle gave to police. She said he asked to speak with a security officer at the embassy.

"I showed them my ID card and they asked me a bunch of questions, took my name and off I go," said Decarie, reading from Delisle's statement to police after he was arrested last Jan. 13.

Delisle worked at Trinity — the name for the military's intelligence centre on the East Coast — which experts have said would provide tactical assessments primarily to Canadian warships and aircraft, both at home and overseas.

Decarie said in court that Delisle would have access to the facility's secure and unsecured systems that contained information about Canada and its allies.

Most of what he shared related to the military, Decarie alleged, but it also included material about organized crime, political players and the Chief of Defence phone and contact list — something she described as a "who's who of military personnel" with email addresses and phone numbers.

THE CANADIAN PRESS

She's got the look

Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C.
JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice game? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes – ahhhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhh!

METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks

JEFF MACKEY
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Beer-league hockey has been boiled down to a science in Regina — and one of the reasons the city's biggest league is so popular is that it knows what players want.

"This building offers drop-offs. The whole rink is licensed so you can order beer before your game and it will be dropped off within 10 minutes in your dressing room," said Michael Kobayashi, league co-ordinator for the Cooperative Centre Hockey League (CCHL). "It is pretty popular, I'd say about 30 to 40 teams a week use it."

The CCHL is composed of 115 men's and women's teams that play at a six-rink facility in central Regina. There is also a summer ice-hockey league for teams that just can't get enough.

The CCHL and the Co-operators Centre multi-purpose facility may only be two years old, but day and night, players of all ages and abilities stream through the front doors.

"These facilities are awesome, probably some of the best around," said Ryan Mochoruk, a player in the league. "It is newer, the dressing rooms are always clean and the guys take great care of the ice. I give it five for five."

The facilities aside, Kobayashi has one more reason why the CCHL is so popular during the cold Prairie winter. "I think these guys would be playing hockey no matter what. But does it help that there isn't a whole lot else to do? Yeah, it probably does."

Ryan Bachynski, left, and Shayne Gryba celebrate after their team, the Butter Churners, won 7-6 in overtime. JEFF MACKEY/METRO

Quoted

"The whole rink is licensed so you can order beer before your game and it will be dropped off within 10 minutes in your dressing room."

Michael Kobayashi, league co-ordinator for the Cooperative Centre Hockey League

Online

For more, visit metronews.ca

Anyone can play: How a Chinese immigrant fell in love with hockey

DARRIN BAUMING
winnipeg@metronews.ca

When Xin Wang moved to Manitoba from China in 1998 to finish her university education, she hadn't heard of the game of hockey. She had never even laced up a pair of skates.

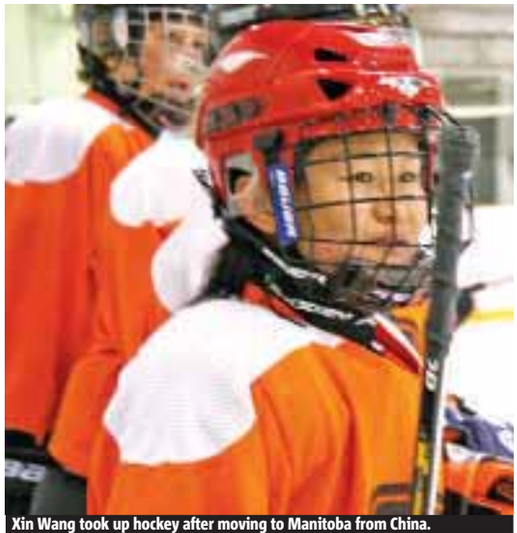
But soon after graduating, she started learning to skate — and to play the game that is synonymous with being Canadian.

"I love it," said the 37-year-old chartered accountant, now in her third season. "It was completely because of people at work. There were two girls playing in the Great West Life Women's Hockey League that were bugging me for a couple years. Finally I said, 'I'll try it.'

"When I just started I really didn't know how to skate even. But the people were so nice, they taught me how to skate, gave me advice. Everybody was so patient with me. Nobody laughing at me. 'Xin, do this. Xin, do that. I'll show you how to shoot the puck. I'll show you how to turn.'"

That camaraderie and encouragement from her teammates has turned what was once just her new Canadian winter pastime into a long-term pursuit.

"I think I'll definitely play this game for the rest of my life," she said. "It's all because of the wonderful people I play with."



Xin Wang took up hockey after moving to Manitoba from China.
DARRIN BAUMING/FOR METRO

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Rink rage

Mr. D's not just another pretty face in beer leagues

Gerry Dee, an award-winning comedian who has a new book out and is set to go on tour, says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D, runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really — my face and my voice," says Dee after recalling some of the bumps and bruises he's racked up over the last decade.

It's bound to happen. When adrenaline's pumping in a rink chock full of men, injuries and minor scuffles tend to happen. Dee says one incident he recalls most was a fight with Metro's photo editor Dave Starrett a few years ago.

Tempers flared, a fight(or altercation, as Starrett stresses) ensued.

"I remember being able to pull his helmet around his face. And, it was funny, he was screaming, 'Not my face! Not my face!'" says Starrett. "I remember that more than anything else in this whole event."

Dee ended up rushing to an emergency dentistry clinic to fix a loose tooth that was "hanging by a thread" before going home with a swollen lip and all the less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Besides trying to save his tooth, nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face. It doesn't always mean it's a fight. It could be from a stick or puck," he says. "It's not the end of the world. It's Canada — we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen." PHOEBE HO/FOR METRO IN TORONTO

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

JOHN MATISZ/METRO IN LONDON

Psyched to win

Emulating Don Cherry

When the Butter Churners play in their Regina men's recreational hockey league they're usually the younger team on the ice, but what they lack in age they make up for in coaching depth.

The team of mostly 19-year-olds currently boasts a coaching staff of four well-dressed bench bosses.

"I can't skate very well but I am still trying to live the dream and be involved with hockey," said Butter Churners head coach Graham Amyotte. "We are all just here for support, to keep the guys going and keep their morale up."

Along with the morale support, Amyotte isn't afraid to go to bat for his team when the occasion calls for it.

"It always goes back to Don Cherry," said Amyotte. "There have definitely been a few things I've yelled that shouldn't normally be said in public, so I probably shouldn't say them now." JEFF MACKEY/METRO

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net.

DARRIN BAUMING/ FOR METRO IN WINNIPEG

Trevor Lamoureux said he became a goalie after inheriting the equipment. DARRIN BAUMING/FOR METRO

Ice time for all

$8.7M

Sidney Crosby's 2012-13 NHL salary: $8.7 million.
Hockey Nova Scotia registration for minor hockey: $600 a year (estimate).
Do the math, and Crosby's salary could pay for 14,500 kids to play hockey for free.

The Pittsburgh Penguins' Sidney Crosby
THE CANADIAN PRESS FILE

Print still rules, but ebooks surge

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores.

The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry — at just the sheer quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner.

"We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big box stores and grocery stores.

THE CANADIAN PRESS

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- **Buying both.** Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

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Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. Netflixed: The Epic Battle for America's Eyeballs, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — traits that helped him transform Netflix from a quirky service with fewer than 100,000 customers in the late 1990s into a cultural phenomenon with 30 million subscribers in the U.S., Canada, the United Kingdom and dozens of Latin American countries. But readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. THE ASSOCIATED PRESS FILE

Online shopping

EBay unveils redesign

EBay has redesigned its website to encourage visitors to browse and collect items they might want to buy later with something it calls the "feed."

The feature, reminiscent of popular sites like Pinterest, shows users items based on things they purchased in the past or items they've clicked on the site. Shoppers can also add or remove categories.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.97¢ US (-0.22¢)

TSX 12,212.42 (-61.15)

OIL $91.25 US (-$1.14)

GOLD $1,765.10 US (+10¢)

Natural gas: $3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

TRAVEL BLUES? TAKE A SEAT

HE SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a $100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

What I want/what I deserve

It slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got *Mac*-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.

The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. ISTOCK

Pumpkins flourish amid drought

SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's $6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. **THE ASSOCIATED PRESS**

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about $566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

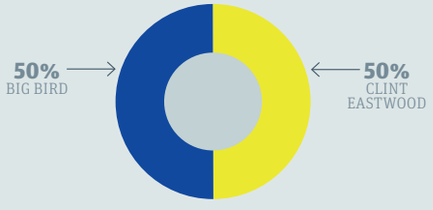
Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee- to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said. **THE ASSOCIATED PRESS**

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@kdubsask:
Just spent my lunch break the best way possible... voting! Advanced polls are open! #yqrvotes

@HMPJ1978:
Proud to cast my ballot today! Get out there Regina! #yqrvotes

@KashleeDoll:
Now that the BRrrRRr is here, Starbucks, we need to talk about a #YQR drive-thru location!

@ChristyAGarn:
@RCMPSK holy man slow down people!!! The entire city of regina needs to relearn how to drive! I almost got hit the other day! #regina

@JohnHashem5T:
I knew I was not done getting cut from CFL teams. Joining the Riders. @CFL #CFL #Riders

@jour:
"Leaves become most beautiful when they're about to die." #regina #ilovefall

metro

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SCENE 2

New play presents a twisted story with a hint of music

Midsummer (a play with songs). 'Raunchy, sweet and freaky' production promises to be a visual feast

BACKSTAGE PASS
Rob Brown
rob.brown@metronews.ca

Performers Amy Matysio and Clinton Carew (pictured) will present a twisted love story, Midsummer (a play with songs) at the Globe Theatre's Shumiatcher Sandbox series from Oct. 17 to Oct. 28. SUPPLIED

The Globe Theatre's Shumiatcher Sandbox Series kicks off its new season next week with a twisted love story.

"It's about two people who meet and it turns into something wild — more than your average hook-up," says Michael Scholar Jr., director of Midsummer (a play with songs).

"It is raunchy, sweet and freaky."

Scholar Jr. says Midsummer promises to be a visual feast.

"It's essentially two actors who are creating the story with voice, body, instruments, song, physically, and acting."

In the play, failing car salesman Bob (Clinton Carew) collides with Helena, a high-powered divorce lawyer, played by Amy Matysio.

"Both bring a lot of mad skills to the story and they're all on display here," Scholar Jr. says.

"The two have never worked together but have really good chemistry — they are at the same time both serious and silly performers. You need that, especially when it comes to creation and comedy."

The script is a collaboration between two renowned Scottish artists — rocker Gordon McIntyre and playwright David Greig.

While a Scottish production has toured North America, including Vancouver and Washington, D.C., Regina's Globe Theatre has the distinction of being the first company in North America to produce the show.

"No one else has produced this in the Western Hemisphere," says Scholar Jr., who added he was looking to bring a previously-produced project to the Sandbox Series this theatre season.

"Midsummer takes a passion of mine, music, and strips it down into a two-hander," he says, quick to add while there is music in the production, Midsummer is not a musical.

"This is a production about simple theatre magic and the power of performance from performers who can change locations on stage at the turn of a dime.

"It is a benefit for me as a director — I get to tell stories in a low-fi way — with the precision of acting and performance."

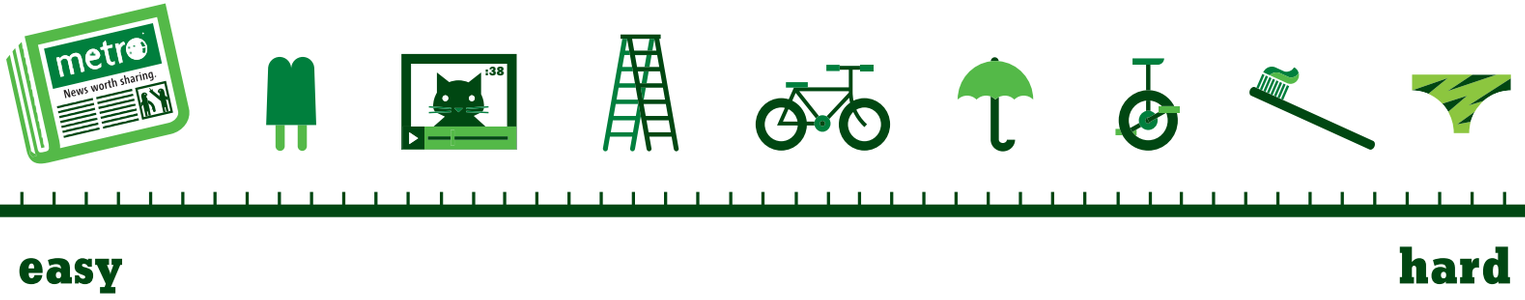
Scholar Jr. says with less than a week to go before the curtain is pulled on opening night, cast and crew are ready.

"We start our technical rehearsals on Friday and are starting to feel the crunch. Everyone always likes to have more time to prepare, but we'll be ready."

Details

The Globe Theatre's Shumiatcher Sandbox series showcases artists who challenge the boundaries of theatre, dance and multidisciplinary performance. Midsummer (a play with songs) runs from Oct. 18 to 27 at the Globe Theatre.

Sharability



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies, and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of A Star is Born, according to E! News. "I was looking forward to the production of A Star is Born and the opportunity to work with Clint Eastwood," she says. "For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible. "Hopefully in the future we will get a chance to work together,"

The Word

THE WORD
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Live like the Palins—with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never confirmed which publishing house is publishing the book and when it will be out on the shelves. "We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter

@goldiehawn
A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!

@JonahHill
I might be the least British person alive.

@SethMacFarlane
I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.

@ConanOBrien
I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

Janet Jackson GETTY IMAGES

Vanity Fair feels the wrath of Ms. Jackson's attorney

Janet Jackson's lawyer is calling foul on a Vanity Fair article that claims she delayed brother Michael Jackson's funeral until she was reimbursed the $40,000 deposit she'd put down to secure his burial plot, according to Us Weekly. Jackson's lawyer, Blair G. Brown, calls the story "false and defamatory" in a letter to the magazine. "Ms. Jackson never delayed the funeral in any way," Brown writes. "To falsely accuse Ms. Jackson of holding up her brother's funeral over money is outrageous."

SHOP HALLOWEEN AT ValueVillage

For great costume, craft and party ideas plus easy makeup videos visit **www.valuevillage.com**

(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?
The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like The Krays and Four Weddings and a Funeral — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in GoldenEye, given that it was the first movie since the underwhelming Dalton era?
I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?
My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?
Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?
Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in The World is Not Enough.

Men in skinny jeans, take note

"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."
Lindy Hemming

Did it help that Lazenby was a model?
But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?
No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?
I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Was Ian Fleming a dandyish character? What influence has he had on the tailoring in the movies?
Many many of the things that they used in Sean Connery's wardrobe came from Ian Fleming and Terence Young, the first director. Both of whom were ex-military and still close enough to the military world to know what a guards officer or a naval commander would have in their wardrobe — and I'm sure that influence was huge on the Connery clothes. Of course, as the second film (From Russia with Love, 1963) and the third film (Goldfinger, 1964) came along the style of menswear and the fact that menswear had become fashionable does influence the look of Connery and Lazenby, but I feel that Ian Fleming's first idea came from his own experience of his class and the services.

The shawl collared tuxedo or those silk covered cuffs that you see Connery wearing are passed down from Ian Fleming to Connery and from the tailor of Terence Young through to Connery. But I also think that when you design Bond films you do look back and reference things. Like I used the cashmere cardigan with the shawl collar and the white or grey polo neck for a casual look, with creamy coloured trousers for Daniel Craig in Casino Royale which came directly from Sean Connery.

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- **The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's Casino Royale. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.

The evolution of the Bond girl

The role of the Bond girl has changed throughout the last 50 years. She's gone from helpless damsel in distress to a tough, self-reliant woman and agent.

- **Hemming says it's more fun to dress the modern Bond woman.** "Nearly all of the Bond women now have really good back stories," she says. "What it means as a costume designer is that it gives you a chance to explore the character. You see them develop from Bond's fancy through to villainy."
- **But they all have their moment.** When pressed about which of the Bond beauties is the sexiest, Hemming responded with a laugh. "Oh God. Let's say Ursula Andress. Let's say that because that way we won't upset anyone. Honestly, the truth is that I think she was absolutely stunningly beautiful. But so was Sophie Marceau and Halle Berry — it's really difficult because they all have an iconic moment, I think."

First Bond babe Honey Rider, played by Ursula Andress.

From hotel style to home decor

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From $150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.

The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, $199, BedBathAndBeyond.ca.

Light, airy and durable make for a stylish desk. Mosco Desk, $600, EQ3.com.

Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile $17 each, FLOR.com.

Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, $104, HomeSav.com.

Style inspired by quilted moving blankets. Magical Thinking Quilt, $130, UrbanOutfitters.com.

A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.

Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?
-Miriam, Saskatoon

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environmental challenges.

The greatest is the incredible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently reviewing certification standards. In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1. Shop from companies listed in the RSPO's database of sustainable-palm supporters.
2. Look for the RSPO trademark on products.
3. Ask retailers to offer more certified sustainable palm oil products.
4. Ask manufacturers to use certified sustainable palm oil.
5. Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils. Read the labels and make your own informed choice!

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PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves, their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights. This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

STANDING UP FOR GIRLS' RIGHTS

PLAN CANADA PHOTO

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about $8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today, Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled in school, but her parents couldn't afford university.

PLAN CANADA PHOTO

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

Just because they're girls.

AND YET...

When you feed a girl, she'll feed all those around her.

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When you invest in a girl, she'll break the cycle of poverty.

Empower girls, and they'll change the world.

Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

Girls are the **ANSWER**, and so are **YOU**.

Plan Because I am a GIRL.ca

Go to **BECAUSEIAMAGIRL.CA**

girl Confidential exclusively at Sears smartwater BIRKS

metro
HOME RENOS
Thursday, October 11, 2012

Sleek and simple architectural details add maximum design impact and can become the focal point in any room. NEWS CANADA

Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will always feel fresh:

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these can instantly make a home more contemporary without a large investment.

Sleek and simple architectural details add maximum design impact and can become the focal point in any room.

"Paying attention to your hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Alcorn.

When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

NEWS CANADA

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Update your bathroom in a weekend

You don't have to hire a professional to redo your bathroom in a weekend. NEWS CANADA

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable.

The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- Paint: Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- Faucets: When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- Showering: The shower is a place to escape and relax — so be sure to find products to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.
- Accessories: For added safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety solutions will keep your bath looking great while still being practical.
- Accents: Once you have chosen all the hardware for your bath, you will need to think of the softer accents to help pull your design together. A new shower curtain, decorative towels, throw rug and curtains will add the final finishing touch to your new space.

Install and Enjoy

Once you have purchased your product selections, it's time to start your update. Luckily, each of these projects can be accomplished quickly and are simple enough for even a novice DIYer. NEWS CANADA

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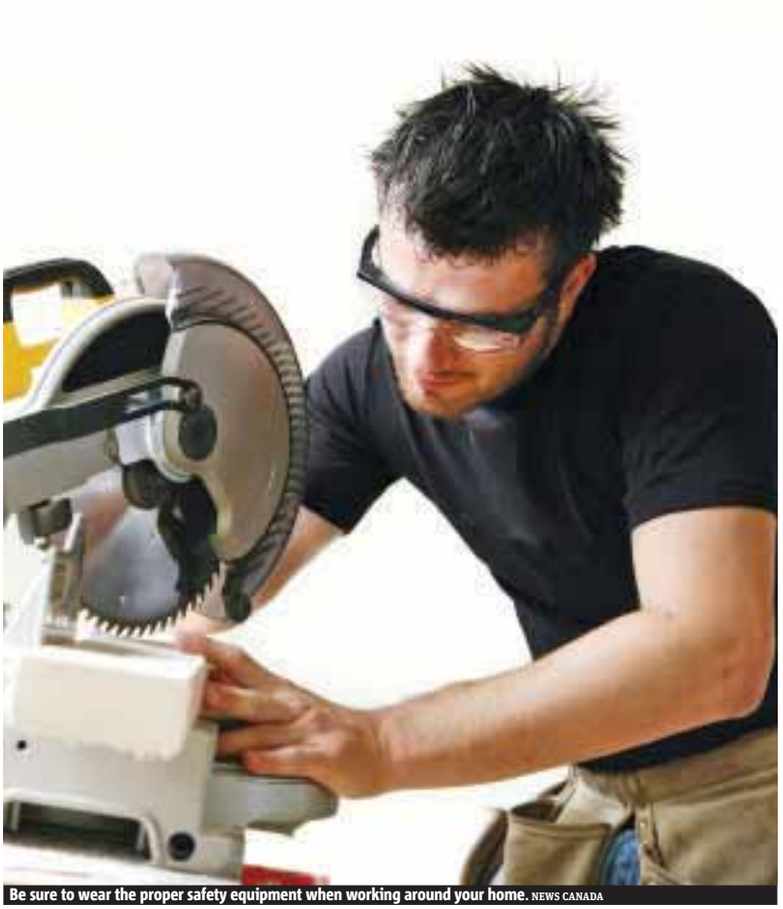

Be sure to wear the proper safety equipment when working around your home. NEWS CANADA

Safety first at home

Taking on a do-it-yourself project can be a gratifying experience, especially once successfully completed.

"A key factor in DIY project success is careful research and safe execution," says Carla Bouchard, a broker with Royal LePage Metro in Moncton, N.B. "After all, you will be sure to succeed if you know your products and take care of yourself first."

Bouchard recommends practising these five safety tips for DIY project success:

1 Dress with your safety in mind. Fortunately, serious injuries can be easily prevented with simple precautions. If you have long hair, tie it back. Remove jewelry and loose clothing that could get caught in machinery.

2 Wear a dust mask, respirator and safety goggles. Understand the materials you are working with and protect against inhaling dust particles or fumes. Similarly, safety goggles reduce the likelihood of sustaining optical damage or even blindness.

3 When working with electricity, wear rubber-soled shoes. Rubber acts as an insulator and reduces conductivity of electricity and your chances of electrocution. However, in most cases, electrical repairs are best left to professionals.

4 Keep any machinery and equipment in top shape. Drill bits, cutters, and other blades that are left to dull can cause serious injuries. Dull blades can bind or kick back. Keep your blades sharp and up-to-date.

5 Use ladders safely. For every four feet of height, your ladder should sit at least one foot from the vertical surface upon which it is leaning. Know the height of your ladder and situate it accordingly. Never step on the top two rungs of a ladder.

As Mike Holmes, professional Canadian contractor and television host, says: "Don't let disaster strike. Make it right!"

Before beginning any DIY project, be proactive, do your research and put your personal safety first. NEWS CANADA

Turn your basement into an inviting space

The basement, a common trouble spot for many homeowners, is often regarded as a cold, dank space, or a no man's land. Without proper finishing, a basement can suffer damage, be prone to flooding, or develop mould.

Should any moisture damage occur, it could go unnoticed, leading to the development of mould.

Homeowners can take preventative measures to turn their basements into comfortable, protected living spaces by investing in modern materials such as spray foam insulation. This material can be applied within seconds to the walls, ceiling and floors of a basement to plug any cracks or gaps to deliver immediate results.

A licensed contractor can make recommendations as to how to effectively protect your basement with spray foam insulation. For instance, a medium-density spray foam product is formulated to limit the probability of flooding and leaks, saving homeowners from costly repairs in the future. Investigating the options available and how to effectively seal your home can be a long-term reward in comfort.

NEWS CANADA

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Bringing the ancient and exotic cuisine of the Middle East to 2012

Ground Lamb in Tahini Citrus Sauce

This recipe serves six to eight. PETRINA TINSALY.

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

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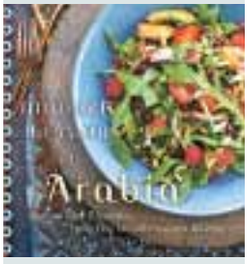
Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

METRO

Tasty layers of Lemony Garlic Chicken with Rice & Yogurt

Ingredients

Croutons
- 2 large pita breads
- 1/4 cup peanut oil

Yogurt Sauce
- 3 cups full-fat yogurt
- 2 cloves garlic, mashed
- sea salt

Chicken Layer
- 10 cloves garlic, mashed
- 1 whole chicken (2 lb)
- salt and pepper
- 2 tbsp peanut oil
- juice of 3 lemons

Rice Layer
- 3 tbsp clarified butter
- 2 cups short-grain white rice, presoaked, drained
- 1/2 tsp turmeric
- sea salt
- 4 cups water

- 1/4 cup each toasted pine nuts, toasted chopped pistachios and toasted slivered almonds, to garnish

1. Split each pita into 2 rounds and cut into bite-sized squares. In a large frying pan heat the peanut oil and fry the bread squares until crisp and golden. Drain on absorbent paper and set aside.

2. In a bowl mix the yogurt and mashed garlic and salt to make a sauce and put aside.

3. Take the 10 cloves of mashed garlic and rub all over the chicken, getting some under the skin. Season with salt and pepper. In a large enough pot, heat the oil and place the whole chicken to brown all over. Pour in all of the lemon juice. Bring the heat down to a simmer, cover and leave the chicken to braise until it falls off the bone (about 40 minutes). Remove all of the skin and bones and discard. Reserve the meat in its lemony sauce.

4. While the chicken is cooking, it is a good time to make the rice. In a pot, heat the clarified butter and stir in the drained rice. Add the turmeric and salt. Mix well to coat each grain. Pour in the water to cover the rice by 1 inch. Allow to come to a boil. Reduce the heat to a simmer, cover and leave to cook undisturbed until the liquid is absorbed, about 10 - 15 minutes. Leave covered until ready to serve.

5. To assemble, place some of the croutons in a serving platter, followed by a layer of the hot rice. Mound the chicken with its lemony sauce on top. Drizzle the yogurt sauce over everything and garnish with the nuts. Serve immediately.

This recipe serves six. PETRINA TINSALY.

Braised Green Beans and Tomatoes. Vegetarian side dish for rice or meat

This recipe serves four to six. PETRINA TINSALY

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in Modern Flavors of Arabia.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

1. In a large frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and continue cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens and beans are tender.

Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper

TWO OUT OF THREE OF THE WORLD'S BLIND ARE WOMEN

©ELLEN CRYSTAL PHOTOGRAPHY

Two-thirds of the world's 39 million blind people are women and girls, primarily because they receive treatment half as often as men. With 90 per cent of the world's blind living in developing countries, the number of women and girls struggling for life's most basic needs is a shocking but relatively unknown statistic.

Gender and blindness inequity exists across virtually all of the preventable and treatable conditions causing blindness, including cataracts, the most common cause of avoidable blindness, glaucoma and trachoma. Women and girls of all ages are more frequently exposed to causative factors such as infectious diseases and they use eye care services less frequently than men. This is primarily associated with the low literacy rates and the low socioeconomic status of women.

Seva Canada, an international development organization, has been working for 30 years to restore sight and prevent blindness in the developing world by creating local, sustainable programs that achieve long-term change. Seva has taken explicit leadership in the gender and blindness global initiative by developing specific strategies focused on overcoming cultural and economic barriers for women and girls to access eye care.

Seva believes it is imperative to find solutions to address gender and blindness inequity to help women and girls have a healthy and productive life, gain an education, have a family and escape the cycle of poverty. Giving women and girls the power of sight positively changes their lives, the lives of their family and their entire community.

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– Penny Lyons, Seva Canada executive director

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AMI's mission is simple: To make all media accessible to all Canadians. In pursuit of that mission, AMI believes that for all impacted and concerned Canadians, AMI can be a new model media organization that creates, advocates, collaborates and enables accessibility to all media.

AMI's engagement with the community expands well beyond its media services. In 2012, AMI launched a scholarship program that awards two $5,000 scholarships per year to qualifying individuals, one of which is reserved for a student with a permanent disability.

In addition, AMI is reaching out to Canadians who are blind or with low vision to help shape the future of accessible media in Canada by joining its research panel. The research panel will provide an opportunity for people who are blind or with low vision the opportunity to have their voices heard and offer recommendations to better service that community.

Finally, AMI, in conjunction with the CRTC's Described Video Working Group and the Canadian Association of Broadcasters (CAB), has developed a Described Video TV Guide (DV Guide). The DV Guide is a comprehensive list of most described television programming across Canada and can easily be accessed by visiting ami.ca/dvguide or by calling 1-855-855-1144.

For further information on AMI and its various programs and initiatives, please visit ami.ca.

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Seva CANADA | 30 YEARS

MLB. Expos great Carter to be honoured in Montreal

Montreal will name a street and a park after Gary Carter, the Hall of Fame catcher who defined the golden era of a once-beloved franchise.

Carter died in February of cancer at age 57.

On Wednesday, the city announced the details of its tribute to the player who starred with the now-defunct Expos for more than half of his career.

The street borders Jarry Park, where the Expos played for most of their first decade and where Carter made his big-league debut.

Gary Carter attends the baseball Hall of Fame induction ceremony in 2005. GETTY IMAGES

THE ASSOCIATED PRESS

NFL

Griffin III expected to go on Sunday

There was a major sigh of relief at Redskins Park Wednesday when Washington rookie quarterback Robert Griffin III practised and showed no effects from a mild concussion.

Barring any setbacks between now and Sunday, Griffin will start against the Vikings.

Griffin was hit by Atlanta linebacker Sean Witherspoon while scrambling last Sunday in a game the Redskins lost 24-17.

THE ASSOCIATED PRESS

NHL. Labour board deems lockout legal in Alberta

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta. THE CANADIAN PRESS

In New York

The NHL and the NHLPA met for five hours Wednesday but the talks did little to move the sides closer to a deal to end the lockout.

Cardinals' Carpenter builds on sterling playoff legacy

MLB. Surgically repaired ace leads St. Louis to 2-1 NLDS lead in D.C.

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, the 37-year-old Carpenter pitched scoreless ball into the sixth inning, rookie Pete Kozma delivered a three-run homer, and the defending champion Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

"If the baseball world doesn't know what an amazing competitor he is by now, they haven't been paying any attention," Carpenter's teammate Matt Holliday said. "Every guy on this team has watched him work his way back, watches him in between starts. He's a stud. Just a guy that you want out there."

All in all, it was quite a damper on the day for a Nationals Park-record 45,017 red-wearing, towel-twirling fans witnessing the first major league post-season game in the nation's capital in 79 years.

Three relievers finished the shutout for the Cardinals, who can end the best-of-five series in Thursday's Game 4 at Washington.

"We're not out of this, by a long shot," Nationals manager Davey Johnson said. "Shoot, I've had my back to worse walls than this."

THE ASSOCIATED PRESS

Game 3

Cardinals	Nationals
8	0

Cardinals pitcher Chris Carpenter reacts after hitting a double in the fifth inning in Washington on Wednesday. Carpenter had two hits and pitched 5 2/3 innings in the St. Louis victory. ALEX BRANDON/THE ASSOCIATED PRESS

Giants bats come alive to force do-or-die game

Tim Lincecum of the San Francisco Giants pitches against the Reds Wednesday in Cincinnati. ANDY LYONS/GETTY IMAGES

Facing elimination again, the San Francisco Giants came out swinging. They got a saving relief appearance from Tim Lincecum, too.

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later, and the Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their NL division series at 2-all.

Lincecum, the two-time Cy Young winner relegated to the bullpen, also delivered. He entered in the fourth with the Giants ahead 3-2, struck out six while giving up just one run in 4 1/3 innings, and allowed his team to pull away.

"I knew he would play a huge role in this," manager Bruce Bochy said. "And I know of other situations where starters have been in the 'pen and really done a great job to help their team win. We knew Timmy would play a critical role in the series like he did tonight."

Pagan added: "Thanks to the win today, there will be a tomorrow. And we are ready for that."

Matt Cain, who lost the series opener and has yet to beat the Reds in three tries this season, will start Game 5 against Mat Latos.

THE ASSOCIATED PRESS

Shot at history

The Giants can complete an unprecedented comeback on Thursday.

- No team has recovered from a 2-0 deficit in a best-of-five series by winning three on the road, according to STATS LLC.

Michael Barry climbs during a pre-season Team SKY training camp on Jan. 23 in Mallorca, Spain. On Wednesday, the USADA revealed Barry was one of 11 former teammates who testified against Lance Armstrong. BRYN LENNON/GETTY IMAGES FILE

Ex-Armstrong teammate dishes dirt on doping

Cycling. Toronto native Michael Barry was one of 11 former pro cyclists to testify against seven-time Tour de France winner

Cheating was never part of Michael Barry's cycling dream. But once on the pro circuit, the Toronto native soon found it was part of the sport's reality at its highest level.

"My first year on the (U.S. Postal Service) team I was clean but I saw what was going on around me," Barry told The Canadian Press in an interview from his home in Spain.

"I figured out my roommates were doping," said Barry, who joined the Lance Armstrong-led Postal team in 2002. "And then it started to wear on me, seeing all the drug use around me and I was suffering, I wasn't performing that well.

"And then the next season, one of the riders suggested that I might want to try using some EPO (a banned blood-boosting hormone) and testosterone. Eventually I approached the doctors and asked them. And it was supplied to me."

The 36-year-old Barry says he stopped doping in 2006, but he has been forced to live a lie ever since.

Until Wednesday, when the U.S. Anti-Doping Agency revealed that Barry was one of 11 former teammates who had testified against Armstrong.

Barry's 16-page affidavit lifts the lid on the U.S. Postal Team doping. What starts with him finding used drug paraphernalia in a teammate's apartment eventually leads to the Canadian joining the brotherhood of doping himself.

Lance Armstrong on Aug. 25 in Aspen, Colo. GETTY IMAGES FILE

As for Armstrong, Barry says he can't offer much.

"I can't comment on Lance because I never saw him dope and I don't know what he did," he said. "But if he is lying, I hope he comes clean. For me personally, it feels good to be honest and to not have to live a lie anymore."

But in his affidavit, Barry does say teammate David Zabriskie told him about a time that fellow Postal rider Floyd Landis "had to babysit bags of Lance Armstrong's blood while Lance was out of town to make sure the blood did not go bad."

He also says Armstrong emailed him in 2010 after both were implicated in doping allegations from Landis. Barry says Armstrong asked him if he would testify there was no systematic doping on their old team.

The USADA has banned Armstrong for life and says his seven Tour de France victories are nullified.

In the wake of his admissions, Barry has received the minimum six-month suspension. Since he is retired, it does not mean much, but he says the USADA is pushing the world governing body of the sport for amnesty for those who co-operated in their probe. THE CANADIAN PRESS

Case against Armstrong

USADA outlines its evidence

The U.S. Anti-Doping Agency released a report Wednesday on its case against Lance Armstrong — a point-by-point roadmap of the lengths Armstrong went to in winning seven Tour de France titles the USADA has ordered taken away.

Over nearly 200 pages, the USADA details cheating by Armstrong's teams and names 11 former teammates as key witnesses.

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his victories and "more ruthlessly, to expect and to require that his teammates" do the same.

Armstrong did not fight the USADA charges, but insists he never cheated. THE ASSOCIATED PRESS

Ottawa nearer to having a CFL franchise again

The CFL moved closer to returning a team to the nation's capital Wednesday after Ottawa City Council voted to proceed with plans to redevelop Lansdowne Park.

The city voted 21-3 in favour of the plan to refurbish Frank Clair Stadium, and add new retail and residential developments to the park.

"Today's positive City of Ottawa council vote means a beautiful new stadium and as early as 2014, a proud new franchise that will make its community proud and our league even stronger," CFL commissioner Mark Cohon said in a statement.

"This is a great day for our league and, for all of us who understand it's important place in the culture of Canada, a great day for our country."

The league said that as long as stadium construction remains on schedule, Ottawa will be eligible to select four underclassmen from the NCAA in the 2013 CFL Canadian draft, while an expansion draft will be held in December 2013.

Ottawa will be eligible to have a representative join the league's board of governors and fully participate in the CFL Canadian draft in 2014.

The $300-million project has faced a series of legal challenges. The final hurdle was cleared Aug. 29, when the Court of Appeal for Ontario ruled against the Lansdowne Park Conservancy, a group opposed to the redevelopment plans. THE CANADIAN PRESS

Long history

The Ottawa Rough Riders played in the league from 1958 to 1996, and the Renegades called Ottawa home from 2002 to 2006.

CFL

Bombers backup gets weekly nod

Winnipeg quarterback Joey Elliott was named CFL offensive player of the week Wednesday after leading the Blue Bombers to a surprising 27-22 victory over the Montreal Alouettes.

Elliott completed 17 of 25 passes, threw for 335 yards with a career-high three TDs in Winnipeg's first road win of 2012.

The special-teams nod went to Roughriders kicker Sandro DeAngelis. He was five for six on field-goal attempts and hit all three extra-point conversions in a 36-10 win over the Toronto Argonauts. THE CANADIAN PRESS

CFL. Stampeders shore up defence with signing of veteran Stewart

The Calgary Stampeders signed import defensive end Anwar Stewart to their practice roster Wednesday.

Stewart started his CFL career with Calgary in 2000 and won a Grey Cup with the Stampeders in 2001. He signed with Montreal in 2002 and played 10 seasons with the Alouettes, winning three more Grey Cups and becoming the franchise's all-time sacks leader in 2009.

In 176 career regular-season games, Stewart has 284 tackles, including 29 tackles for loss, 30 special-teams tackles and 66 sacks. He also has 10 interceptions, 15 forced fumbles and seven fumble recoveries.

The 8-6 Stampeders play the 4-10 Blue Bombers in Winnipeg on Saturday. THE CANADIAN PRESS

All-star pedigree

Anwar Stewart was an East Division all-star in 2003, 2004 and 2009, a CFL all-star in 2004 and 2009, and was the league's Most Outstanding Defensive Player in 2004.

Continue the 'dream' or wake up: Canada readies for crucial matches

Soccer. World Cup qualifiers vs. Cuba, Honduras 'pretty much two finals,' says midfielder de Guzman

After two failed attempts to qualify for the World Cup, Canadian midfielder Julian de Guzman couldn't bring himself to watch the tournament on TV.

Over the next few days the 31-year-old FC Dallas player has a chance to move a step closer to being there in person.

De Guzman and his 61st-ranked Canadian teammates host No. 146 Cuba on Friday in Toronto before heading to No. 66 Honduras on Tuesday. The right results and Canada will move on to the final round of qualifying in CONCACAF, which covers North and Central America and the Caribbean.

"These next two games are pretty much two finals for us," said de Guzman.

Quoted

"It's coming down to these two games where we need big results."

Canadian midfielder Julian de Guzman

No. 43 Panama currently leads Canada's group with nine points. Honduras and Canada have seven while Cuba has none. The top two teams in the group advance to the final round of qualifying.

They will join four others in contesting three automatic berths for the 2014 World Cup in Brazil. A fourth team will take part in a playoff against a team from another region to see who joins them.

"It's a dream for a lot of us," de Guzman said of just reaching the final round of qualifying. "We talk about it all the time.... You make it to that last round, it's there for you."

Canada has not reached the last hurdle in qualifying since the competition to make the 1998 finals in France. The Canadians finished last in the final round of CONCACAF qualifying with a 1-6-3 record that year.

The Canadian men have qualified for the World Cup just once — in 1986.

THE CANADIAN PRESS

Members of Canada's national men's soccer team practise at Toronto's BMO Field on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Raonic ousted in close second-round match in Shanghai

Canada's Milos Raonic stretches to return a ball against Marcos Baghdatis of Cyprus during their second-round match at the Shanghai Masters tournament on Wednesday. Baghdatis defeated the No. 12 seed from Thornhill, Ont., 7-6 (4), 6-7 (5), 7-6 (3). THE ASSOCIATED PRESS

Soccer. FIFA moves to prevent empty seats at 2014 World Cup in Brazil

FIFA will try to minimize the number of empty seats at the 2014 World Cup by taking measures to ensure sponsors use their allocation — or lose them.

There were large blocks of empty seats at the 2010 World Cup in South Africa, and this year's European Championship in Poland and Ukraine.

At the Leaders in Football conference on Wednesday in London, FIFA marketing director Thierry Weil said sponsors would have to name people using tickets two or three days before matches in Brazil.

"They cannot just say the people will come and then nobody comes," Weil said. "The tickets will only be handed over the day of the game to the people, so you can re-allocate tickets to different people."

THE ASSOCIATED PRESS

Soccer. Sprinter Bolt likes idea of soccer as 2nd career

Soccer may be in Usain Bolt's future.

The Olympic great said Wednesday he might try his hand at the global game once he retires from the track.

"I have said I wanted to try football," said Bolt, the world-record holder at both 100 and 200 metres. "I always wanted to try to play soccer. Maybe at the end of my career. It would be something that I would love to try." THE ASSOCIATED PRESS

Quoted

"I play it all the time with my friends. I played childhood matches in Jamaica and I did well. I think it is something I would like to try to do."

Olympic champion Usain Bolt

NBA. Injured Bryant misses Lakers exhibition

Kobe Bryant sat out the Los Angeles Lakers' pre-season game against Portland on Wednesday night with a strained right shoulder.

Bryant apparently injured his shoulder during practice Tuesday, Lakers head coach Mike Brown said.

The injury isn't thought to be serious, and Bryant wanted to play against the Trail Blazers, Brown said.

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Kobe Bryant GETTY IMAGES FILE

Horoscopes

♈ Aries
March 21 - April 20
The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus
April 21 - May 21
Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini
May 22 - June 21
Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer
June 22 - July 23
Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo
July 24 - Aug. 23
Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions . They don't have to be hard lessons.

♍ Virgo
Aug. 24 - Sept. 23
There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♎ Libra
Sept. 24 - Oct. 23
Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

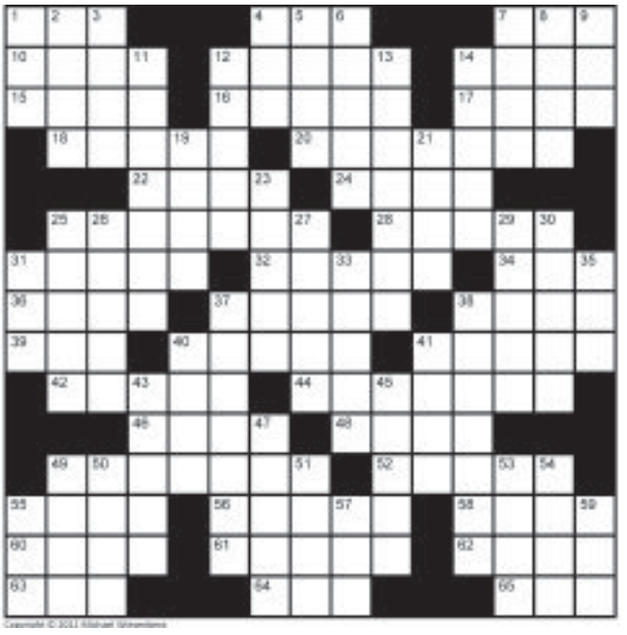
♒ Aquarius
Jan. 21 - Feb. 19
It's not easy seeing things form another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♓ Pisces
Feb. 20 - March 20
Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

Fun Stuff

BY MICHAEL WIESENBERG



Across
1. Halloween's month: abbr.
4. The ___: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ___"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-___ drip: cold symptom
31. Morning ___: climbing flower
32. 4th month
34. "Are we having ___ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ___ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down
1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ___
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "___ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in 25-Across
40. Peel, as an apple
41. Pay ___ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-___ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

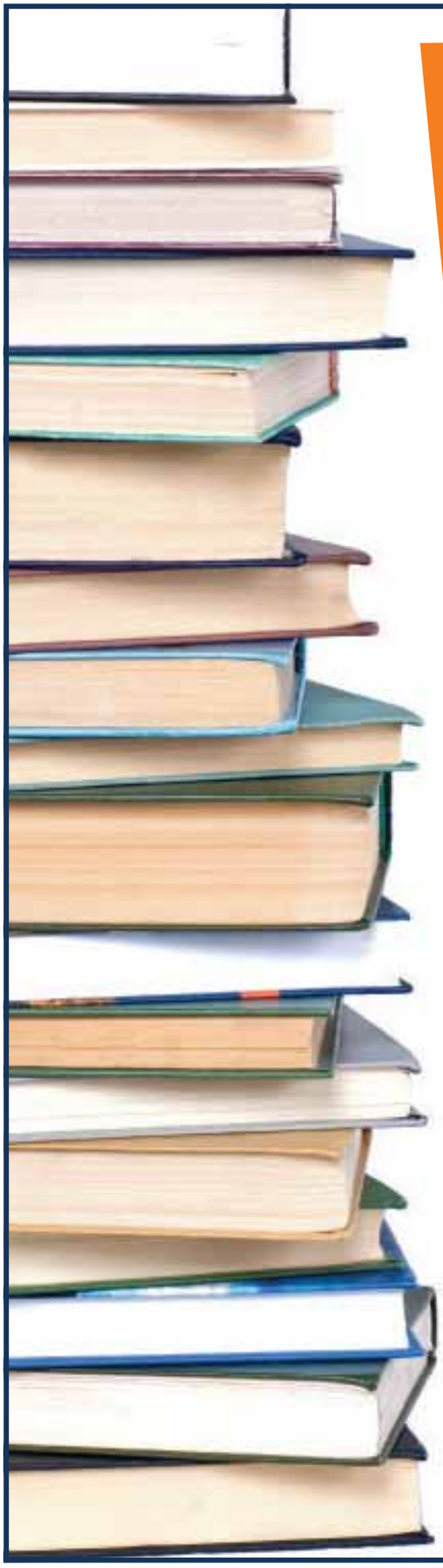
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	8				6	5		
7			3	9				4
					7	6		
		7		8				3
	4						6	
8				1		7		
		2	4					
4				7	5			1
		3	2				5	8

Yesterday's Sudoku

Today 4°/-2° Partly cloudy
Friday 12°/0° Partly cloudy
POINTCAST Get Your 1km Weather
TWN incorporates MSC data

NEED A RIDE?
Read metrodrive every Wednesday.



INNOVATIVE DESIGN A FOCUS FOR NEW REGENT PLACE BRANCH

Regina Public Library's new Regent Place Branch focuses on creating versatile and family-friendly spaces for community use.

The new location includes a large, welcoming children's area within the Branch. This provides a comfortable space for young children and their families or caregivers. Major elements of the design plan for the space include a nursing room, with a family-style washroom located nearby for added convenience.

A self-check unit is available in the children's area, to make the process of checking out Library materials quicker and easier for families on-the-go. The children's area will also serve as the primary space for preschool programming.

Another innovative step was taken with the programming room that was designed as a multi-use space, rather than a dedicated area for programs. It features an overhead door with large glass panels, which can be raised to open up the space for general use when the room is not booked.

The Branch design also has two smaller programming rooms, for use by groups of four or six people who need a quiet space for study or discussion. This is ideal for volunteer tutor-learner pairings or small book clubs.

Regent Place is 30% larger than the previous location and the space and furniture have been designed to create a welcoming environment. The new location also maximizes the use of natural light and has a new shelving system that maximizes the walls for collection storage.

The non-fiction collections are now arranged using a subject-based system that allows ease of browsing and intuitive location of materials for patrons and staff.

Take some time and bring your family and friends to experience Regent Place, located at 331 Albert Street in the Market Mall - Regina Public Library's newest most innovative Branch.

Regina Public Library

REGENT PLACE BRANCH
331 ALBERT STREET
777.6086